

**City Of Arcadia
Senior Services
Monthly Newsletter**



March 2016
Arcadia Community Center
365 Campus Drive, P.O. Box 60021
Arcadia, California 91066-6021
Office 626.574.5130 Fax 626.447.5854
www.ArcadiaCA.gov

Hours: Monday – Friday 8am - 4pm
Arcadia Travelers Desk: 9am - 12:30pm
Gift Shop: 9:30am - 1:30pm; Fridays 9:30am - 12:30pm

All activities and services are
for adults 50 and older.

The
C
o
n
n
e
c
t
i
o
n

Ambassador's Welcome

Come by the hospitality table between the hours of 9am and 3pm, Monday through Friday and speak with our cheerful ambassadors. Take a tour of our center, learn about what we offer and meet new friends.

Meals are served until 12:15pm or until they are sold out. Reservations are not required; tickets are sold first-come, first-served. This gives participants the opportunity and flexibility to purchase a lunch on the day they attend the Community Center.

Meals \$2 for 55+ or disabled
\$4 for 50-54 years
Coffee available for 50¢

*Shoes and shirts with sleeves
are required for service.*



Served Monday-Friday
from 11:30am — 12:15pm
(first-come, first-served)

*Check the calendar section
for daily menu.*



Gift Shop

The Arcadia Community Center Gift Shop has assorted craft gifts, various knick knacks, and inexpensive one-of-a-kind items.

Shopping and browsing are available
Monday - Thursday from 9:30am-1:30pm
and Friday from 9:30am-12:30pm.

Coffee *n'* Chat with Mayor Kovacic



Friday, March 4 at 8:30am

Take the time and enjoy a FREE cup of coffee and conversation in the lobby. Get a chance to hear the Mayor's ideas on timely topics and ask questions about issues of personal interest. Walk-ins are welcome!



Free Blood Pressure Check

**Tuesday, March 8
10 - 11:15am**

High blood pressure is just one of the risk factors for developing heart and circulatory disease, along with high cholesterol, and diabetes. The only way to know whether or not you have high blood pressure is to have it measured. This free service is provided by Arcadia Methodist Hospital.

Monday Dance

**March 7 and 21
1:30 - 3:30pm**

Join us the 1st, 3rd and 5th Monday of the month. Tickets are sold at the door for \$3 per person and includes refreshments.



C.A.L.M. Caregivers Are Learning More (formerly "Caring Conversations")



**Friday, March 18
10am-12pm**

**"Helping Someone
Who Does Not Want Your Help"**

Are you helping an adult family member or friend with Alzheimer's disease, stroke or any other chronic health problem? Join our education series on family caregiving and receive important information for caregivers just like you.

**For more information please call the
LA Caregiver Resource Center
@ USC 855.872.6060**

GOLD LINE is coming to Arcadia!

Celebrate the opening of the Gold Line Extension

Saturday, March 5 from 11am-3pm

At the Arcadia Transit Station

(Corner of Santa Clara St. and First Ave.)

Join us in celebrating the first passenger train as it comes through Arcadia on the new Gold Line Extension from Pasadena to Azusa.

Station Celebration

Live music from *Cold Duck*
Community Booths, Food Vendors,
Face Painting, Balloon Art, Kids Train Rides,
Model Train Exhibit, Raffles, and Giveaways,

Win a FREE 30-day Metro Pass!
Visit the City of Arcadia Booth

**Free! Cancer Patient
Drop-In Support Groups**

**English - Tuesdays, 11:30am - 1pm
Mandarin - Wednesdays, 2:30 - 4pm**

Are you a cancer survivor?

The Cancer Support Community Pasadena has a weekly support group for cancer patients. Patients will find information, hope, strength, and community from others going through the cancer experience at these free professionally facilitated meetings. Each group meets weekly at the Arcadia Community Center.

LEARN HOW TO PLAY

Free! MAH JONG

**with Cornelia Shentu
Fridays, March 11 & 25
1 - 3pm**

Mahjong is a game of Chinese origin usually played by four people with 144 tiles that are drawn and discarded until a player secures a winning hand. Cornelia will teach you on the 2nd and 4th Friday of the month. Reservations are required.



**\$10 SPRING LUNCHEON
Friday, April 8 from 11:30am - 1pm**

Spring is in the air! Join us for a special spring luncheon. There will be a delicious catered lunch plus entertainment from the Temple City High School Jazz Group. *Tickets on sale starting March 7.*



**2015
INCOME TAXES**

IRS Certified AARP volunteer tax aides will prepare 2015 income tax returns for people 55 years of age and older with low to moderate income. This service is free during tax filing season and all returns will be filed electronically. Assistance is provided on Thursdays and Fridays by appointment only. Please be advised, if your income is above the low and moderate federal guidelines or beyond the scope of AARP and IRS training, the tax aide will refer you to a professional tax preparer and will provide a referral list for your convenience. *Call to make your appointment.*

**Make a Difference
In your Community
Become a Volunteer**

Friendly Volunteers Needed!

Give back to your community! Application available at the Arcadia Community Center.

Opportunities available in the following areas:

Ambassador	Special Events
Gift Shop	Front Desk
Monthly Dance	Senior Lunch Program





3-PART FREE LEGAL SEMINAR

Presented by: Sara Polinsky, Attorney at Law

Part 1: Friday, April 1, 10am - 12pm

Part 2: Friday, April 8, 10am - 12pm

Part 3: Friday, April 22, 10am - 12pm



Part 1: Estate Planning 101: The Basics of Wills & Trusts - What is a Will? What is a Trust? What is the difference and which is right for you? Probate, Powers of Attorney, Health Care Directives, Joint Tenancy & the problems, Tax Concerns, and much more will be discussed.

Part 2: Planning for Long Term Care: Understanding The Medi-Cal Long Term Care Program And Other Options to Pay for Care - How to qualify for State Medi-Cal benefits to pay for long-term care while legally protecting your home, savings and assets, brief overview of Reverse Mortgages, VA Benefits, Assisted Living vs Home Care. How to avoid recovery after death and when a trust is not enough. If you have a family member, friend or a loved one facing long-term care, you cannot afford to miss this.

Part 3: Most Common Planning Mistakes - This seminar will discuss and dispel all the myths you hear about and finally set the record straight. Come and learn about the most common mistakes people make when dealing with their property, wills, heirs, Medi-Cal planning and more. *Please call 626.574.5130 to reserve your space.*



Easter Cooking with Chef Nathan Rojas

Friday, March 18 at 1:30pm

\$2

Join Chef Rojas from Arcadia Gardens Retirement Hotel for a special light and easy cooking class. You may drive yourself to 720 West Camino Real or Arcadia Gardens will provide transportation to and from the Community Center. Van will depart at 12:45pm from the center. *Register today!*

Free!

P.O.E.T. Healthcare Foundation Parkinson's Support Group Friday, March 18 from 1:30 - 3pm

The P.O.E.T. Healthcare Foundation is providing a free Parkinson's Support Group for individuals with movement disorders and their family, friends or individuals interested in learning about Parkinson's disease. Parkinson's Support Group will meet regularly the 3rd Friday of the month.

Walk-ins are welcome!

Come join us to celebrate March Birthdays!

March birthdays will be celebrated on

Monday, March 21 at 12:15pm in the lunch room.

Desserts donated by: Sara Polinsky, Estate Planning & Elder Law Attorney





Timeless Melodies
Foundation for Education
Frank Sinatra
"The Good Years" Part 2

Tuesday, March 1 from 1:15 - 2:30pm

The second part of Timeless Melodies presentation of "Old Blue Eyes," Frank Sinatra. Larry Maurer will discuss Sinatra as his own worst enemy and his most spectacular comeback with an Oscar in *From Here to Eternity*.

Tickets on sale now for \$3



Timeless Melodies
Foundation for Education
For the Ladies - The Girl Singers

\$3 Tuesday, May 3
1:15-2:30pm



May, the month that celebrates women is the perfect time for Musical Historian, Larry Maurer to highlight popular female singers of the past. Enjoy the sounds of Ethel Waters, Rosemary Clooney, Peggy Lee, Alice Faye and many more.

Tickets go on sale March 1.



\$10 **It's BUNCO Time!**
Friday, March 18 ~ 12:30-3pm

The dice will be rolling at our lucky St. Patrick's themed **BUNCO** event.

There will be 2 hours of playing time plus dessert and beverages.

Gift cards are given for most BUNCOS, most wins, most losses, most baby BUNCOS plus raffle prizes. *Tickets on sale now.*



At any age, playing games is healthy for the mind and body. Games are a great pastime to take up after retirement. They keep the brain active, involve social interaction, and are a good form of entertainment. Studies have shown that playing games may help prevent Alzheimer's disease and dementia. Stop by the Community Center with your friends for recreational game time of puzzles, cards, dominos or cribbage.

TECH TALK

Fridays
March 11 & 25
3-4:30pm

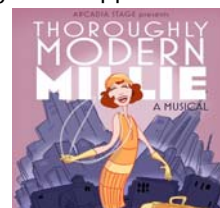
Do you need help operating your electronic devices? Let us pair you up with a Recreation Volunteer. Improve communication in business, with friends and family.
Reservations required.



THOROUGHLY MODERN MILLIE

The Arcadia High Theatre Department is offering special discounted VIP tickets for Arcadia seniors. You, along with your family and friends can get VIP Seats for \$15. Travel back to the roaring 1920s to see this upbeat, fun musical about a feisty young flapper named Millie Dillmount who moves to New York City with plans to find a job and marry a wealthy employer. You won't want to miss this musical extravaganza full of songs, comedy, tap dancing, and flappers.

March 17 & 18 at 7pm
March 19 at 4pm (Saturday Matinee)
Arcadia Performing Arts Center
188 Campus Drive, Arcadia
Tickets on sale now at the Arcadia Community Center



Free!

Chess Anyone?

Friday, March 4 and 18 from 9 - 10am



Chess is a game of pure skill played on a board with sets of 16 pieces, the players moving alternately until the king of one is so attacked that it cannot escape. This game challenges us to use our minds and is a great brain exercise. Les Fujimoto will teach you how to play on the 1st and 3rd Friday of the month. Join us and enhance your current skills. *Reservations are required.*

Free!

BRAIN HEALTHY COOKING - DESSERTS

Friday, March 25
1 – 2pm



Silverado Sierra Vista is hosting a cooking demonstration on desserts that not only taste good but have added benefits for brain health. This demonstration is all about tasty treats. Silverado's Head Chef, Nelson Flores will help attendees create their very own brain-healthy dessert. This will be an interactive presentation where participants will be mixing ingredients and creating their own dessert to take home. *Reservations are required.*

Free!

Is Medical Marijuana Safe?

In Partnership with Methodist Hospital
Wenjay Sung, MD Board Certified Fellowship Trained Foot and Ankle Surgeon
Tuesday, March 22 at 1:30pm

Is Medical Marijuana Safe? Is it an actual medicine? Who can prescribe it and who can take it? Dr. Sung will weigh the pros and cons from the latest available evidence medical experts have to date. *Reservations are required.*

**The following services are offered FREE
by Arcadia Senior Services**

Please call 626.574.5130 to make an appointment

Ask Attorney Carlos Arcos - Available the last Monday of each month from 10-11am. Appointments are limited to 20-minutes and topics may include: administering a living trust, qualifying for Medi-Cal, will and trust planning and avoiding probate. *Appointments are required for March 28.*

Talk with Attorney Sara Polinsky, Attorney at Law - Available the 1st Monday of each month from 2-5pm. Appointments are limited to 20-minutes and topics may include: living trusts, wills, probate, financial powers of attorney, advance healthcare directives, various property transfers and Medi-Cal long term care benefits. *Appointments are required for March 7 and April 4.*

Social Security Representative available for Phone Conferences - A Social Security representative will be available the 2nd Tuesday of each month for a phone conferences from 9am-12pm. *Appointments are required for March 8.*

Financial Professional Wealth Manager - Available the 3rd Monday from 10am-2pm to assist with financial information, estate planning, and investment services. *Appointments are required for March 21.*

Government Benefits Counseling - A lay Advocate Volunteer Counselor is available the 2nd and 4th Monday of each month from 1:30-4:30pm to assist with government benefits counseling. Assistance can be for Supplemental Security Income (SSI) eligibility, SSI overpayments, In-Home Supportive Services (IHSS), Advance Directive for Health Care form, Medicare and Medi-Cal. *Appointments are required for March 14 and 28.*

Lions Sight Program - Available on the second Tuesday of each month from 2-4pm. Must be at least 62 and have a yearly income below \$29,900. Must live in Arcadia, Temple City, Monrovia, Duarte, or Sierra Madre. *Appointments are required for March 8.*

Notary Public - Offered every Tuesday from 10am-12pm. Appointments are limited to three signatures or thirty minutes, whichever comes first. *Appointments are required.*



GOLDEN AGE CLUB

Assistance League House
100 South Santa Anita Avenue
626.446.7605 (no trip calls)

Meets Thursdays
11am
Annual Dues \$5

President, Ann Iarossi-Armenio
Senior Citizen Commission
Rep. - Estelle Sykes

CLUB TOURS

Directed by Tony Armenio 626.452.8114

MARCH

- 3 Birthday Celebration
 - 10 Pie Day ~ Regular Meeting
 - 17 St. Patrick's Day Luncheon
(free to members)
 - 24 Pie Day ~ Regular Meeting
 - 31 Easter Luncheon ~ Hat Parade
- BINGO following meetings!

Club News

Our 60th Anniversary party was so much fun! Many thanks to Mayor Kovacic for taking the time to present us with a Certificate of Congratulations and to all the guests in attendance.

The Pechanga Casino trip was a success with a bus full of fun seekers.

We have two celebrations in March. There will be a St. Patrick's Luncheon on the 17th and an Easter Luncheon and Hat Parade on the 31st.

BONUS BINGO is starting up again.
Join us for some fun!



MARCH BIRTHDAYS

March 3 Celebrations!

Karen Blachly
Toshiko Chang
Ella Guttman

happy
St. Patrick's
day!



If you have unused glasses at home, bring them to the Community Center. The Lions Club will pick them up on a monthly basis. They help people around the world to improve their vision where vision care is unavailable or not affordable.

IMPORTANT

SENIOR FRIENDSHIP CLUB

Assistance League House
100 S. Santa Anita Ave.
626.446.7605 (no trip calls)

Meets Wednesdays
11am
Annual Dues \$5

President, Judy Regalado
Senior Citizen Commission
Rep. - Glynna Harper



- 2 Pie Day ~ Regular Meeting
 - 9 Birthday Celebration
 - 16 St. Patrick's Day Celebration
 - 23 Easter Celebration
 - 30 Pie Day ~Regular Meeting
- Join us for BINGO each week!*



March 9 Birthday Celebrations

Toshiko Chang
Bill Hoffman
Charleen Kessler
Bud Rainey
Phyllis Shepherd
Mally Tan



ARCADIA SENIOR MEN'S CLUB

Assistance League House
100 South Santa Anita Avenue
626.446.7605 (no trip calls)

Meets Mondays
11am
Annual Dues \$5

President, Mel Doerning
Senior Citizen Commission
Rep. - Steve Sherman

The Arcadia Men's club invites anyone who likes to play card games, bridge, pinochle, canasta, or other. Join us every Monday from 8:30am to 2:30pm. A light lunch is served at 11:30am. For additional information please leave a message with Mel Doerning at 626.281.6771.

ARCADIA TRAVELERS

Travel Desk Hours
M-F, 9am - 12:30pm
626.574.5130

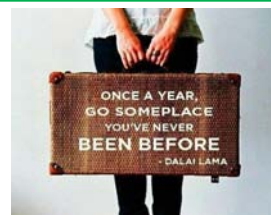
Meets 4th Friday
Annual Dues \$10
www.arcadiatravelers.com

President, Chris Ohrmund
Sr. Citizen Commission
Rep. - Joyce Platt

MARCH

- 17 Board Meeting
- 25 General Meeting - Coffee 9:30am ~ Meeting at 10am
Guest Speaker - Tyler Reardon, Collette

 ADA Policy on file in Travelers Office.



March 2016 Trips

1. **WATER AND FIRE (LOYO)** - Wednesday, March 2, Cost \$79. LV 8:30am, RET 4:30pm. You'll be off to visit the Aquarium of the Pacific and the Ralph J. Scott Fireboat #2. You will touch sharks, feed Loriekeets, and see seals and jellyfish. Meander along Shoreline Village and lunch at your leisure. Then onto parking lot of the USS Iowa to learn about the history of the Fireboat #2. Those willing and able may climb the scaffolding to see the boat up close. Moderate walking. **On sale now.**

2. **VON TRAPP FAMILY SINGERS (LI)** - Sunday, March 6, Cost \$101, LV 11am, RET 5pm. Enjoy the 50th Anniversary of *The Sound of Music* at the Haugh Theatre at Citrus College with the Von Trapp grandchildren and great-grandchildren. The four descendants have performed all over the world since they were young. You will have a delicious lunch at the Claim Jumper. See you there! **On sale now.**

3. **I LOVE LUCY (LI)** - Wednesday, March 23, Cost \$115, LV 7:45am, RET 5:30pm. Everyone loves chocolate and Lucy. The tour begins when you meet expert step-on guide, John Doherty, at Edelwiss Chocolate Factory which was the inspiration for the classic candy episode. After sampling chocolate, you will have lunch at the HMS Bounty (Desi's band played here when it was a nightclub). You will visit Lucy's Star on The Walk of Fame and Lucille Balls Dressing Room at the Hollywood History Museum. **On sale now.**

April 2016 Trips

4. **MY FAIR LADY (LI)** - Saturday, April 2, Cost \$101, LV 11:30am, RET 5:45pm. After lunch at Damon's Steak House, we will be entertained by the 1956 classic *My Fair Lady* at the Glendale Centre Theatre. The intimate theatre in the round will bring Lerner & Loewe's musical to life with songs like "*Wouldn't it be Lovely*" and "*I Could Have Danced All Night*". **On standby.**

5. **SPRING MYSTERY TOUR (LI)** - Thursday, April 7, Cost \$105. LV 8am, RET 5:30pm. Remember how much we enjoyed Curt Tucker's last Mystery Tour? Well, this one is guaranteed to surpass the last one, particularly the restaurant. Want a Hint? Look to Orange County. **On standby.**

6. **SISTER ACT (LI)** - Sunday, April 10, Cost \$122. LV 10:15am, RET 5:45pm. The Carpenter Performing Arts Center presents the Broadway hit "*Sister Act*" based on the 1992 comedy with Whoopi Goldberg. The nuns will raise the roof and make headlines with their singing. A special treat will be lunch at Tokyo Waco where we'll take a seat at a teppanyaki table. Lunch will be cooked on a flat griddle in front of us and the skill of the chef will be on display. **On sale now.**

7. **BROAD AND CLIFTONS (LI)** - Tuesday, April 19, Cost \$83. LV 10:30am, RET 5:30pm. A repeat of the January trip with Curt Tucker. After lunch at the newly opened Clifton's Cafeteria, we'll visit the new Broad Contemporary Art Museum opened by billionaire philanthropists and art collectors, Eli and Edyth Broad. **On standby.**

May 2016 Trips

8. **EARLY CALIFORNIA RANCHOS (LI)** - Tuesday, May 3, Cost \$93, LV 8am, RET 5:30pm. Come learn about the early history of California Ranchos beginning at Camp Pendleton and Rancho Santa Margarita y Flores. Lunch will be at one of San Diego's award winning, best Mexican restaurants Casa de Bandini. Known for their large Margaritas and handmade tortillas. Finally, on the way home we will stop for a guided tour of Leo Carrillo's Historic Park. The 1939 Rancho, 840 acres, was purchased by "Pancho" the side kick to The Cisco Kid. **On sale now.**

9. **VIVA LAS VEGAS!** - Monday through Wednesday, May 9-11, Cost D\$285, S\$365. LV 10am (5/9), RET 6pm (5/11). Curt Tucker wants you to enjoy two nights at the elegant Treasure Island Hotel and Casino. Day two you may stay in town or join us for one or two optional tours. First option, standing 725 feet above the Colorado River we will tour the majestic Hoover Dam. There will be a guided tour of Visitor's Center, the generator room and enjoy the dazzling view for the balcony, cost \$45. The second optional tour will be the Mob Museum providing an interactive journey of true stories, cost \$35. After a leisure breakfast on our final day, we will tour the Ethel M Chocolate Factory before heading home. **On sale now.**

10. **STRAWBERRY FESTIVAL (LOYO)** - Saturday, May 21, Cost \$89. LV 7:45am, RET 4:45pm. We'll take a bus to Union Station where we will board the Pacific Surfliner Train and travel along California's majestic coast to Oxnard. There we will board a bus to Oxnard and the festival. You'll have three hours to enjoy a lunch, entertainment and the craft fair. On the way home, Kobe bus will make a stop at a fruit stand. Moderate walking. **On sale now.**

11. **USS MIDWAY AND SAN DIEGO (LOYO)** - Monday, May 23, Cost \$72. LV 8:30am, RET 7pm. Enjoy an early vacation day in San Diego. Our day will begin at the newly renovated Sea Port Village where you'll have time to shop and eat lunch. After lunch we'll have an audio tour of the USS Midway. They have a great Hologram Museum that just opened. Lifts are available. The USS Midway is a floating fortress with over one quarter of a million sailors having served aboard. Moderate walking. **On sale now.**

June 2016 Trips

12. **MAGIC & WINES** (Wine and Hors d'oeuvres) - Saturday, June 10, Cost \$109. LV 6pm, RET 11pm. International Magic Champion, David Minkin, will provide a unique evening of magic, food and wine tasting (4 excellent California wines). After enjoying these delicious wines and tasty hors d'oeuvres you'll have a perfect seat for a world-renowned show that will forever change your definition of "magic". **On sale March 1.**

13. **P & P TOUR (PETERSEN & PAGE MUSEUMS) (LOYO)** - Wednesday, June 15, Cost \$76, LV 9am, RET 5pm. Experience LA's newest museum the Petersen Automotive Museum. The new Petersen Museum is an architectural gem exploring the history of the automobile and its impact on America, including many incredible cars. For an additional \$20, you may tour "The Vault." In The Vault you'll see Fred Astair's Rolls Royce, Popemobile, Enzo Ferrari's gift Ferrari to Henry Ford and 147 more automobiles. After lunch at Farmer's Market we'll visit The Page Museum at La Brea Tar Pits. The Page Museum is one of the most famous fossil localities displaying Ice Age fossils - saber toothed cats, dire wolves and mammoths. **On sale March 9.**

HAPPY
EASTER

14. **LOTUSLAND AND RONALD REAGAN RANCH MUSEUM (LOYO)** - Thursday, June 23, Cost \$93. LV 7am, RET 5:30pm. Spend a beautiful summer day with Curt Tucker in Santa Barbara. First, we'll visit the spectacular world renowned Lotusland Botanical Gardens. Then you'll have lunch, shopping and stop at the Ronald Reagan Ranch Museum where you'll see interesting computer displays and personal stories. **On sale March 25.**

15. **TREASURES OF LA JOLLA (Scripps Oceanography & Salk Institute) (LOYO)** - Wednesday, June 29, Cost \$90. LV 8am, RET 6pm. At Our first stop with Curt Tucker, we'll encounter a dazzling variety of marine life at Scripps Birch Aquarium. There we'll experience the outdoor tide pool plaza overlooking the sparkling Pacific Ocean. After plenty of time to shop and lunch in La Jolla, we'll enjoy a demand repeat guided architectural tour of the Salk Institute including an incredulous Chihuly chandelier. **On sale March 17.**

16. **DODGER GAME** - August night game. Call office and place name on interest list.

Arcadia Travelers Extended Tours

Please refer to flyers for cost and details. Payments are accepted throughout the year.

Tours include: Roundtrip Airfare, Transfers, Hotels, Sightseeing, Tours per Itinerary.

Book early and receive \$100 - \$200 discount per person. Don't miss out!

June 18 - SPAIN'S CLASSIC: 14 days, *19 meals* Visit Lisbon, Madrid, Fatima, Seville, Granada, Valencia and Barcelona. Reservations made after December 11, 2015 are based on availability. *Tour offered by Collette Tour*

September 27 - HERITAGE HIGHLIGHTS: 9 days, *12 meals* Experience Niagara Falls, Amish Country, Washington DC, Arlington Nat'l Cemetery and more. Book by May 31 and receive a discounted rate of \$100 per person. *Tour offered by Premier World Discovery*

October 16 - BEST OF EASTERN CANADA: 8 days, *11 meals*. You'll stop in Montreal, Quebec City, Ottawa, Toronto, and Niagara Falls. Reservations made after April 15 are based upon availability. *Tour offered by Collette Tours.*

October 16-PHILADELPHIA, THE POCONOS AND THE BRANDYWINE VALLEY: 6 days, *7 meals* and one hotel. You'll visit Valley Forge National Historical Park, Two former DuPont Mansions, Hershey's Chocolate, The Pocono's, plus much more. Book by May 31 and receive a discounted rate of \$100 per person. *Tour offered by Premier World Discovery.*





October 18 - SICILY & THE AMALFI COAST: 10 Days, *12 meals* Arrive in Palermo, Sicily and visit the Palace of the Normans, Valley of the Temples, experience Rome at night, visit the Amalfi Coast, and the haunting ruins of Pompeii. Book by May 31 and receive a discounted rate of \$200 per person. *Tour offered by Premier World Discovery*

October 26 - SPAIN'S CLASSICS & PORTUGAL: 13 days *19* meals Highlights: Lisbon, Fatima, Nazare, Obidos, Madrid, Royal Palace, Toledo, Cordoba, Seville, Granada, Valencia, Lladro The City of Poercelain, and Barcelona. Book by April 27 and receive a discounted rate of \$200 per person and availability of space. *Tour offered by Collette Tours.*

November 29 - CHARLESTON & SAVANNAH: 7 days *10 meals* You will fly into Charleston, SC for two nights and explore Fort Sumter accessible only by boat. You'll visit Savannah, Jekyll Island, then on to St. Augustine, FL the oldest city in the nation, settled in 1565, Book by July 31 and receive a discount of \$100 per person. *Tour offered by Premier World Discovery.*

November 30 - SAN ANTONIO HOLIDAY: 5 days, *6 meals* one hotel. Experience the holidays in San Antonio City, in an old Spanish flavor. Visit the beautiful River Walk, San Jose Mission, LBJ Ranch, the German settlement of Fredericksburg which retains touches of the Old World Heritage. Book by July 31 and receive a discount of \$100 per person. *Tour offered by Premier World Discovery.*

M a r c h 2 0 1 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am Yoga & Strength Training 9:30am Lip Reading/Brain Aerobics 9:35am Yoga 9:45am Strength Training 11am Strength Training 11:30am Lunch 12:30pm Beginning Line Dance 5-6pm Zumba Gold/Dana Gym 2:15pm Mindful Yoga/MEC	8:30am Yoga & Strength Training Kinetic Tai Chi 9:35am Chair Yoga Adv. Kinetic Tai Chi 9:45am Strength Training 10-12pm Notary Service (appt. only) 11am Aerobics with Amy 11:30am Lunch 1pm Yuan-Chi Dance (free) 2:45pm Oil Painting 5-6pm Basic Workout/Dana Gym	8:30am Yoga & Strength Training 9:30am Lip Reading/Brain Aerobics 9:35am Balance & Mobility Yoga 11am Bridge until 3:30pm Zumba Gold 11:30am Lunch 12:30pm Intermediate Line Dance 1:30pm Pilates/Stretch 2:20pm Chair Aerobics 5-6pm Zumba Gold/Dana Gym	8:30am Yoga & Strength Training 9am Oil Painting 9:35am Chair Yoga 9:45am Strength Training 11am Strength Training 11:30am Lunch 12pm Aerobics with Amy 12:30pm Beginning Line Dance 5-6pm Basic Workout/Dana Gym	11:30am Lunch 2pm Knit & Chat 
Lunch Menu & Movies Subject to change	1 10am Notary Public (Appt. Required) Lunch: Mediterranean Chicken 1:15 Timeless Melodies Part 2 (Frank Sinatra)	2 Lunch: Swedish Meatballs 1:30pm <i>Sleepless in Seattle</i> (PG 13) 2h	3 Lunch: Fish Veracruz	4 8:30am Coffee with the Mayor 9am Chess Anyone? Lunch: Beef Tips with Mushrooms
<i>Walk-in Spring Registration</i> 7 Lunch: Poached White Fish 1:30pm Dance - <i>Time Machine</i>	8 Lunch: Turkey Chili 10am Notary Public (Appt. Required) Blood Pressure 2pm Lions Sight Program	9 Lunch: BBQ Chicken 1:30pm <i>Sabrina</i> (PG 13) 2hr	10 Lunch: Braised Beef Tips	11 Lunch: Herb Baked Chicken 1pm Mahjong Tea, Treats & Vintage Show 3pm Tech Talk
14 Lunch: Tuna Noodle Casserole Sunday, March 13 Daylight Savings Time 	15 Lunch: Tostada Pork Carnitas 10am Notary Public (Appt. Required)	16 Lunch: Poached Salmon 1:30pm <i>Runaway Bride</i> (PG 13) 1h 45m	17 <i>Last Day Senior Fall Classes</i> Lunch: Hawaiian Chicken 	18 9am Chess Anyone? 10am C.A.L.M. Caregivers Support Group Lunch: Beef Meatloaf 12:30 Bunco 1:30pm Parkinson's Support Group
21 Lunch: Lemon Pepper Chicken  Birthdays Celebration 1:30pm Dance - <i>Linda Herman</i>	22 10am Notary Public (Appt. Required) Lunch: Tuna Salad Sandwich 1:30pm Methodist Health Lecture	23 Lunch: 1/2 Beef Stuffed Bell Pepper 1:30pm Movie tbd	24 Lunch: Tandoori Chicken	25 Lunch: Salmon with Dill Mustard 1pm Mahjong Brain Healthy Cooking 3pm Tech Talk
28 10am Ask Attorney Arcos Lunch: BBQ Beef with Spices	29 Lunch: Poached Salmon	30 Lunch: Baked Chicken with Pasta 1:30pm Movie tbd	31 Lunch: Turkey Meatloaf	

Arcadia Senior Services
365 Campus Drive
Arcadia, CA 91007

This publication available in large print

